



# UNDERSTANDING THE BRAIN WITH HEALING IN MIND

## 1. ACE STUDY AND TOXIC STRESS

- [Toxic Stress and the Brain](#)
- [ACES too High](#) questions to find your score
- [Aces and Toxic Stress- Frequently asked questions](#) (Harvard.edu)
- How childhood trauma impacts health across the lifetime- [TED presentation](#) by Dr. Nadine Burke Harris
- [Ace scores in Idaho](#)

## 2. ATTACHMENT

- [Animated short](#) on attachment from Karyn Purvis Institute of Child Development
- Work by Robyn Gobbel
- Professionals who do attachment work in your area

## 3. THE IMPACT ON THE BRAIN (AND BODY)

- The Body Keeps Score by Dr. Bessel Van der Kolk
- Work by Robyn Gobbel
- [Toxic Stress and the brain](#) (Harvard)

## 4. THE IMPACT ON THE BRAIN (AND BODY)

- Dr. Curt Thompson- [Reflections](#) - he has both faith and non-faith-based reflections
- Search regulation tools or left-right brain work (Pinterest, YouTube, etc)